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Answer. Steak, rolls, fried eggs, French-fried potatoes, and peaches and cream.

Answer. Eggs, buttermilk, and sweet milk is an ideal diet. P. E. C.

[Who can say that regulation of nursing education by the state is not needed?]

ENLIGHTENMENT NEEDED

DEAR EDITOR: Some weeks ago I was asked to relieve a nurse at a confinement case, the baby having come later than was expected and the nurse having other business. The baby was four days old. The fifth day there was a very slight discharge from the eyes, so slight that I doubt if the experienced nurse who had been at the case would have noticed it, but it developed into ophthalmia, though the doctor, a woman, did not so designate it.

The mother asked a number of questions concerning the probable cause, saying that the previous child "had had dreadfully sore eyes." Finally I told her that the eyes were infected during birth,—“probably because he opened his eyes too soon; he is so awfully curious.” The mother is well educated and the family is more than well to do.

This same lady had provided two quarts of alcohol for use during her lying-in period and said the two experienced nurses she had had used that amount. I used about a pint of the alcohol. The doctor bathed the baby the first time herself; the navel was slightly infected also. What else could I have told the mother? M.

DELEGATES' EXPENSES

DEAR EDITOR: In response to the request of "L" in the December JOURNAL, I submit for comparison an itemized account of my expenses as delegate from a far western state. Let me explain that the hotel item is small because I occupied a cot in a room with two other delegates. The item for meals includes meals on the journey both ways.

Railroad fare, round trip.....	\$73.50
Pullman, both ways.....	33.50
Hotel (room)	11.00
Meals	28.10
Baggage	2.75
Fees	2.80

Total\$151.65

G. C.

A FRIENDLY WORD

DEAR EDITOR: Truly I get from the JOURNAL all the professional food that a normal brain requires to keep stimulated and do still better things. The November number was especially interesting, but the last is always the best.

A MICHIGAN READER.

THE HIPPOCRATIC OATH AND THE NIGHTINGALE PLEDGE

DEAR EDITOR: Will you please tell me where I can get the Hippocratic Oath and the Florence Nightingale Pledge?

I am very much interested in the subject of moral prophylaxis and feel that every nurse should realize the opportunity she has for an influence for good in